Prairie Fire: Fourth Estate
Regina Community Media Project
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Regina, Sask.
Canada

PLEASE EXCHANGE

Year 2
Vol 2

OUR TOWN

RIVER CITY HISTORY

STRIKE ERUPTS → VIOLENCE

May 1886 Eau Claire -- Three hundred men marched upon The Pioneer Lumber Company's mill to protest the one-dollar a day wage paid to one hundred men who were digging ditches on Fulton Avenue and 5th Ave.

Upon arrival at the mill Silas Bean and John MacDonald attempted to stop the march but they were promptly thrown to the ground and beaten by the angry mob. The rebels continued and the mill was forced to shut down.

Later that day, as well as the proceeding few days, other mills were visited and also forced to shut down their operations.

Meetings were held in Randall Park. Violence broke out after fiery speeches were made by local agitators. Special police were sworn in in an attempt to quell the fighting and vandalism.

The city council passed a special order which closed the saloons and made such park demonstrations illegal with only Alderman Griniel opposing the measure.

On May 28 the strike ended with an additional twenty-five cent a day raise granted to the workers.

C.L. James, a local Anarchist, has been attributed with the strike and the violence which ensued.

ALL POWER TO THE PEOPLE WHO TAKE THINGS INTO THEIR OWN HANDS

from: eau claire weekly free press

anarchist agitation

Cleveland May 20th 1886

William Weber, an active advocate of socialism in this city, and who has been adjourning in Chicago since last summer, returned to Cleveland a few days ago, and tells some blood-curdling stories concerning the recent riots and the parts taken by the Anarchists Society over which Spies and Parsons presided, and of which Weber was a member.

He gave the following account of the bomb-throwing incident: "After the trouble at McCormick a special meeting of our club was called to take action. The advisability of using dynamite if the police interfered with our meetings was discussed and it was decided that twenty bombs be prepared for the next meeting."

The presence of Weber in Cleveland is said to be for the purpose of collecting money to bolster the cause. For the last ten days German anarchists have been holding meetings on the west side and calling on their colleagues to arm themselves with guns and bombs. Wednesday Mayor Gardner issued a proclamation forbidding such meetings.

tales from the ozone

c.l. James live like him

In keeping with a national trend of repression and violation of individual freedoms, Carl Leigh James has been subpoenaed by the Federal Courts to go to Chicago and give what information he might have on Anarchism. This action stemmed from an article in the Eau Claire Weekly Free Press that James had written.

James, perhaps Eau Claire's only avowed Anarchist of his times, was born in Germany in 1846 and came to Eau Claire in 1865. He is the youngest son of G.P.R. James, the celebrated English historian and novelist. Carl James, also a history writer, served as city editor of The Eau Claire Weekly Free Press, a newspaper which dates back to Sept. 23, 1857 and was one of Eau Claire's widest-read newspapers until the early 1900's. James died in 1911.

HE'S TOUGH!
HE'S MEAN!
HE'S STRONG!
HE'S FAST!
HE'S STERILE!

AMERICA'S SAVIOR!

Dirty Doug

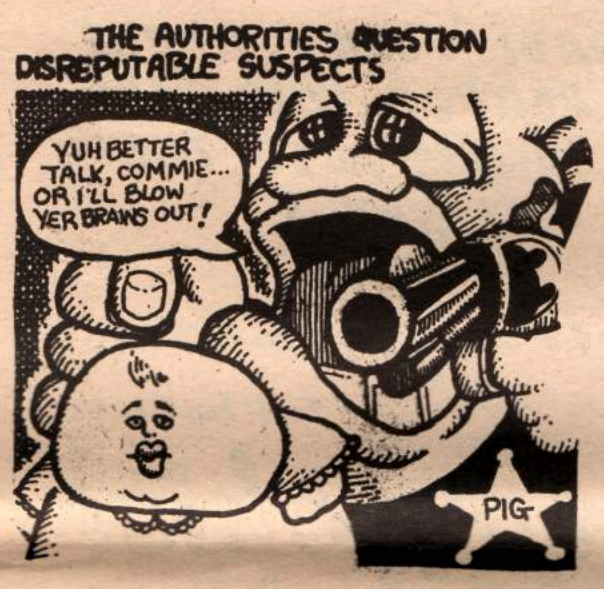
GUARDIAN of LIBERTY

SINGLE HANDED, HE CARRIES ON THE NEVER-ENDING STRUGGLE TO SAVE AMERICA AND THE WORLD FROM THE CLUTCHES OF THE SINISTER FORCES OF COMMUNISM AND MORAL DECAY!

I'd like to wish myself a Happy Birthday.

Well, I finally got it together to write another column. I sorta took a two week vacation that lasted two months. Oh well, some things can't be helped.

First of all, I'd like to thank everybody that showed up for the benefit; without you it would never have pulled off. I'd also like to thank all the people who played for us. We hope to have another one in the near future. So stay tuned.



Part of the Our Town Collective House is now open as a Women's Center. The people working on the abortion-birth control referral service need help compiling data regarding abortions. Anyone who has had an abortion, knows of available abortion services, or would be willing to help with the Women's Center, are asked to stop by at 413 Emery St.

The Center's number is 834-8536 and is to be used exclusively for women who want information or would like to rap.

Birth control handbooks are also in; they offer dealings with specific, detailed information on birth control devices, abortion methods, sterilization, and venereal diseases. Stop by at 413 Emery or Trucker's Union to pick them up. Donations of around 10¢ are really necessary to defray postal service charges. Pamphlets regarding Women's Liberation will be available soon.

All the kidz around our house have been gettin' into using organic soap and cleaners; even toothpaste. There's a friendly-freak salesman right her in River City. If ya wanna check it out, get a hold of:
Vince Barone
2956 Neptune Ave.
832-4046

Shepherd's record is being played on the local radio stations this week. If you dig the record, call the station and tell the D.J. about it.

Rumor has it that Uncle Leo Burt is in town. You all remember Leo; he's one of the Madison bombers that took care of Army Math.

Cut this out & paste it in your window.

LEO BURT

Welcome Here

Mark and Barb Brunges were blessed with a baby boy; Jameson Jonathon. Congratulations.

Steve Kippenhan was picked up by the Chipperville Kopz, but I'll let him explain what happened:

"I was living at the home of Cy Rada and Tues. at approximately 8:00 Cy brought Shef, Don Erickson, Inspector Cardinal, and one of the Chipperville dope boys in blue. Upon entering they said, "We know you have grass here. Now get it."

As I gazed upon them questioningly, Cardinal stated that I'd better hurry 'cause they weren't going to waste time on us punks.

I was then ordered to sit in a chair and not move. Then they searched the Rada home, finding a lid or so of what they termed "low grade stuff", 2 hits of LSD and a packet of Contac cold capsules. I was then handy-dandy cuffed and taken to the Chip. jail.

I was never told the actual charge, but they were holding me on a "delinquent juvenile" charge, time being.

Only one incident worth mentioning in jail. Inspec. Cardinal brought me a sheet and read me my rights, then told me to sign it. I took the sheet form under his hand and saw THE REST. It was a "waiver of rights" sheet which he was trying to get me to sign. He was upset because I wouldn't. (Note: the turnkeys are nice guys)

I'd like to annouce the engagement of Cheryl Sander to Mike Clifton. They have an April 4 wedding planned. We wish you both the best of luck.

Notice

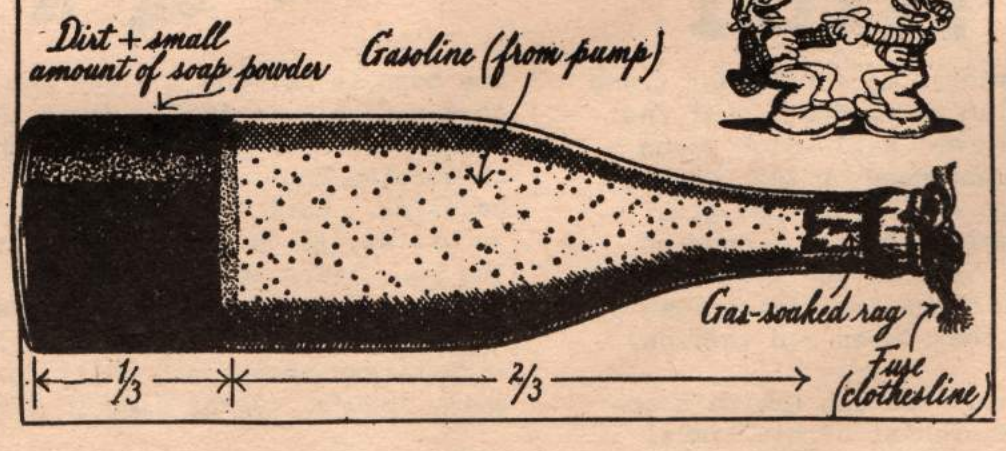
Our Town is in need of your help. Anybody wishing to work on the paper is cordially invited to come to 413 Emery St. and rap to us about what you want to do. We need typers, people who would like to learn to layout a newspaper, and anybody who'd like to write. Also we need an office typing paper, a car, and we people to come over to the house and tell us what's going on in different parts of the city.

MOLOTOV,

Here are a number of different formulas:

1. **one third motor oil, two thirds gasoline.**
2. **one third sugar, two thirds gasoline.**
3. **one third soap powder, two thirds gasoline with a dash of oil.**
4. **one third naptha (moth flakes), two thirds gasoline. (This will result in a primative napalm.)**

A tampax will also do satisfactorily as the wick. The wick should be soaked in gasoline prior to ignition. The bottle should be as thin as possible.



Life in America on $0.00 a Day

LNS

In a country such as America, there is bound to be a hell of a lot of good food lying around just waiting to be ripped off. If you want to live high off the hog without having to do the dishes, restaurants are easy pickings. In general, many of these targets are easier marks if you are wearing the correct uniform. You should always have one suit or fashionable dress outfit hanging in the closet for the proper heists. Specialized uniforms, such as nun and priest garb, can be most helpful. Check out your local uniform store for a wide range of clothes that will get you into and especially out-of all kinds of doors.

In every major city there are usually bars that cater to the Now Generation-type-riff-raff trying to hustle their way up the escalator of Big Business. Many of these bars have a buffet with hors d'oeuvres served as a come-on to drink more booze. Take a half-empty glass from a table and use it as a prop to ward off the anxious waitress. Walk around sampling the free food until you've had enough. Often there are five or six such bars in close proximity, so moving around can produce a delightful "street smorgasbord." Dinner usually begins at 5:00 P.M.

If you are really hungry, you can go into a self-service cafeteria and finish the meal of someone who left a lot on the plate. Self-service restaurants are usually good places to cop things like mustard, ketchup, salt, sugar, toilet paper, silverware, and cups for home use. Bring an empty book bag and load up after you've cased the joint. Finishing leftovers can be accomplished in even the fanciest restaurants. When you are seated at a place where the dishes still remain, chow down real quick. Then after the waitress hands you the menu, say you have to meet someone first, and leave.

In fancy sit-down restaurants, you can order a large meal and halfway through the main course, take a little dead cockroach or a piece of glass out of your pocket and place it deftly on the plate. Jump up astonished and summon the head-waiter. "Never have I been so insulted, I could have been poisoned," you scream, slapping down the napkin. You can refuse to pay, and leave, or let the waiter talk you into having a brand new meal on the house for this terrible inconvenience.

In restaurants where you pay at the door just before leaving, there are a number of free-loading tricks that can be utilized. After you've eaten a full meal and gotten the check, go into the restroom. When you come out go to the counter or another section of the restaurant and order coffee and pie, now you have two bills. Simply pay the cheaper one when you leave the place. This can be worked with a friend in the following way. Sit next to each other at the counter. He should order a big meal and you a cup of coffee. Pretend you don't know each other. When he leaves, he takes your check and leaves the one for the large meal on the counter. After he has paid the cashier and left, you pick up the large check, and then go into the astonishment routine complaining that somebody took the wrong check. You end up only paying for the coffee. Later, meet your partner and reverse the roles in another place.

In all these methods, you should try to leave a good tip for the waiter or waitress, especially with the roach-in-the-plate gambit. You should try to avoid getting the employees in trouble or screwing them out of the tip.

One fantastic method of not only getting free food but getting the best available is the following technique that can be used in large metropolitan areas. Look in a large magazine shop for gourmet manuals and tourist digests. Swipe one or two and write down a good name from the masthead inside the cover. Making up a name can also work. Next, invest $5.00 to print business cards with the name of the magazine and the new "associate editor." Call or simply drop into a fancy restaurant, show a copy of the magazine and present the manager with your card. They will insist that the meal be on the house.

Great places to get fantastic meals are weddings, bar mitzvahs, testimonials and the like. The newspaper society sections have lists of weddings and their locations. If your city has a large Jewish population, subscribe to the newspaper that services the Jewish community. There are extensive lists in these papers of family occasions where a lot of good food is served. Show up at the back of the synagogue a few hours after the affair has begun with a story of how you'd like to bring some leftovers of "good Jewish food" back to your fraternity or sorority.

If you want to get the food served to you out front, you naturally have to disguise yourself to look straight. Remarks such as "I'm Marvin's cousin," or learning the bride's name, ("Gee, Dorothy looks marvelous") are great...A man and woman team can work this freeload much better than a single person, as they can chatter back and forth while stuffing themselves.

If you're really into a classy free meal, and you are in a city with a large harbor, check out the passenger ship section in the back pages of the newspaper. There you find the schedule of departures for ocean cruises. Most trips begin with a fantastic bon voyage party on board ship. Just walk on a few hours before departure time and start swinging. Champagne, caviar, lobster, shrimp and more -- all as free as the open seas. If you really get bombed and miss getting off, you can also wiggle a ride across the ocean. You get sent back as soon as you hit the other side, but it's a free ocean cruise. You should have a pretty good story to go, or you might do the trip in the brig.

In Amerika, there is a national food stamp program that unfortunately is controlled by the states. Many states, for racist reasons, do not want to make it too available, or even to publicize the fact that it exists. It is a much better deal than the food program connected with welfare because you can use the stamps to buy any kind of food. The only items excluded are tobacco products and alchoholic beverages. In general, you can qualify if you earn less that $165 per month; the less you earn, the more stamps you can receive. There is minimal hassle involved once you get by the first hurdle.

Show up at your local food stamp office, which can be found by calling the Welfare Department in your city. Make an appointment to see a representative for your area. They will tell you to bring all sorts of receipts, but the only thing you need is a few rent stubs for the most recent months. If the receipts are for a high rent, tell them you rent a room from a group of people but eat separately. They really only want to prove that you have cooking facilities. Once you get stamps, you can pick them up regularly. Some states even mail them to your pad. You can get up to a hundred dollars worth of free purchases a month per person in the most liberal states.

Continued on Page 5

THE TAROT
A BRIEF INTRODUCTION

Usually when someone brings up the subject of the Tarot everyone has some type of idea in his head as to what the Tarot really is. I have been a professional reader for about a year now; with each reading and meditiation session I learn something new about the cards.

Much misconception, mystification, and fear surround the Tarot. Some people use readings as a crutch totally afraid to make even the simplest of decisions without a reading. This can get to be expensive unless you happen to have a friend that will give you a free reading. On the other hand, some people use these cards as weapons in an occult sense. This can be dangerous because one's Karma for such activities has a way of finding one. Some people use the cards for meditation. This is a really effective way of finding a key to the basics of the Universe for the cards, particularliy the Major Arcana, are the basic archetypes of the Universe. Other people use the cards for sound advice or an indication of where their heads are at.

It is really scary at times, for a good reader from a basic reading can analyze the mind and spirit of a person, as well as their unconscious motivations, hidden fears, and anxieties. The cards can also give a good indication as to what plane someone is operating on whether it be spiritual, mental, emotional, or physical.

The history behind the cards is at once confusing and curious. According to most scholars the cards are said to have been derived from a book originated by Hermes Trismegistus in Eygpt. Other scholars maintain that the cards originated in China, while others state that the gypsies brought the Tarot from India. The cards have also been related to the Kabala of the Hebrews for there seems to be a correspondence between the Twenty-two cards of the major arcana and the Hebrew alphabet.

1350AD is the earliest recorded date for a deck of Tarot cards but scholars are certain that the cards go far back into the clouded mists of ancient times. There fore, it is understandable that in addition to authentic theories, myths and supersitions exist, for all of the accounts of the cards can neither be proved or disproved as the symbolism is closely linked with all of the theorized origins.

The cards have undergone constant change and growth but there remains a sound wisdom that helps prophets, students and sages uncover the secrets of Universal Truths.

A study and understanding of the symbolic meanings of the Tarot gives one the key to a significant part of occult wisdom. Symbols are the material manifestations of the inner mind.

The major fascination of the Tarot Cards is that they give people the "power to see the future". The most important thing to remember is that the cards give valid indications of what can or might happen and it is up to each individual person that receives a reading to affirm or negate the indications that the cards give. This is a manifestation of your free will.

Never allow yourself to become entrapped by readings given to you as close as they may hit home. You have the free will to change the reading or make it come true.

As a reader of the Tarot, my innate feelings about the cards can be almost summed up in two words: power and responsiblity to use my knowledge and ability to help other people

Anyone can learn the basics of the Tarot deck but not everyone can assume the responsibility to be a fulltime reader. Study, meditation, and psychic development go into making a reader, as well as, the awareness of the power and depth of the cards.

The Tarot cards should be approached by all with love and an open soul for they are the messengers of the Universe.

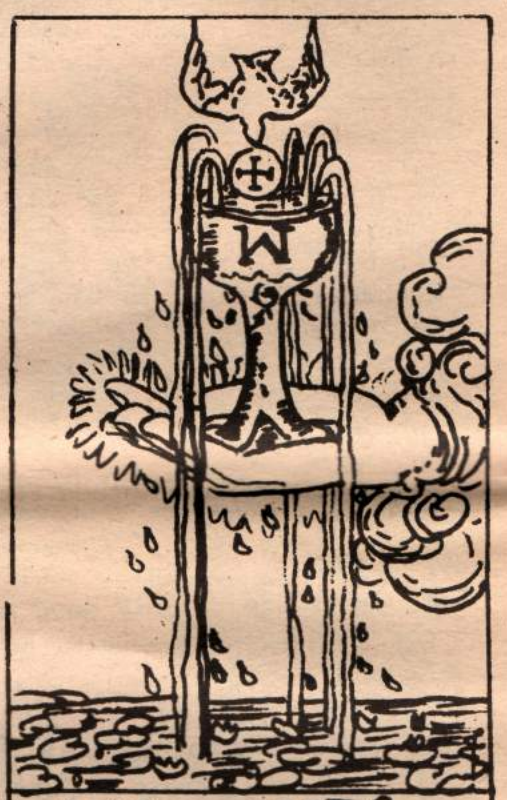
The Tarot pack consists of 78 cards. Twenty-two of them are the major arcana which are basically the universal archetypes. The remaining 56 cards are divided into your suits: Cups which represent the emotional plane plane; Wands which represent the intellectual plane; Swords which represent the spiritual plane; pentacles which represent the material plane.

Each card in the pack has a basic meaning for interpretation as well as an esotepic definition. The interpretation can be found in any book on the Tarot with practice and memory work almost any one can give a reading. A person with sensiturty can read beyond the textbook interpretation of the cards. For example the three card illustrated each have a very definite meaning. The Ace of Cups represent the offering of spiritual love in its highest sense. The card of the Devil stands for the aspects of life as well as occult forces at work. The Sun is the highest evolvement of man on this plane. Esoterically the meanings of the cards evolve through meditation and research.

One of the most vital things to remember is that although each card has a basic interpretation the meaning of the cards can change in the lay out of a reading. The cards tend to influence each other For example: If the Ace of Cups, the Devil and the Sun appear together in a layout one of the interpretations could be that in the acceptence of spiritual love one would have to overcome hassles of a baser type to overcome hassles of a baser type ot achieve the highest point of developement.

Therefore, the cards take time, practice, respect and an open mind, as well as, the awareness of each person's free will.

THE SUN.


ACE of CUPS.

THE DEVIL

by MEH

Life in America on $0.00 a Day -continued-

Large amounts of highly nutritional food can be gotten for as little as three cents per meal from a non-profit organization called Multi-Purpose Food for Millions Foundation, Inc. Their address is 1800 Olympic Ave., Santa Monica, California. Write and they will send you details.

Talking about food in Amerika means talking about supermarkets - mammoth, neon-lighted streets of food packaged to hoodwink the consumer. The fact that so much stealing goes on and the supermarkets still bring in huge profits shows exactly how much overcharging has occurred in the first place.

Never go shopping in the super market without a briefcase or a large handbag. It's best to work shoplifting in the supermarket with a partner who can act as a look-out. Work out a prearranged set of signals with your partner.

In the produce department, there are bags for fruits and vegetables. Slip a few steaks or some lambchops into the bottom of a large brown bag, staple it and mark the price. With a black crayon, you can also mark your own prices.

You can walk into a supermarket, get a few items from the shelves, and walk around eating food in the aisles. Pick up some cherries and eat them. Have a spoon in your pocket and open some yogurt. Open a pickle or olive jar. Get some sliced meat or cheese from the delicatessan counter and eat it up., making sure to ditch the wrapper. The cart full of items, used as a decoy, can be left in an aisle before leaving the store.

Case the joint before pulling a big ripoff. Know the least crowded hours, learn the best aisles to be busy in, and check out the stores security system. Once you get into shoplifting in, supermarkets, you'll really dig it. You'll be surprised to learn that the food tastes better.

Large stores like Safeway throw away day-old vegetables and the outer leaves of lettuce, celery and the like. This stuff is usually found in crates outside the back of the building. Tell them you're working with animals at the college labs, or that you raise guinea pigs. They might even get into saving them for you, but if they don't, just show up before the garbage is collected (generally early in the morning) and they'll let you cart away what you want. Dented cans and dented fruit can often be gotten free, or certainly at a reduced price. They are still as good as the undamaged.

Large cities all have a wholesale fruit and vegetable area where the workers will give you loads of free food just for the asking. Get a good story together. Get some church stationery and type a letter to "whom it may concern" introducing yourself, or better still, wear some clerical garb. Orchards also make some good pickings just after the harvest has been completed. Factories often will give you a case or two of free merchadise for a "charitable" reason. Make some calls around town and then go pick up the stuff at the end of the week.

A great idea is to get a list of a few hundred corporations around the country by looking up their addresses at the library. Poor's Register of Companies, Directors and Executives has the most complete lists. Send them all letters complaining about how the last box of cereal was only half full,

or how you found a dead fly in the can of peaches. They often will send you an ample supply of items just to keep you from complaining to your friends, or worse, taking them to court. Often you can get stuff sent to you by just telling them how good their product is compared to the trash you see nowadays. You know the type of letter. "Rice Krispies have had a fantastic effect on my sexual prowess," or "Your frozen asparagus has given a whole new meaning to my life." In general, though, the nasties get the best results.

Slaughterhouses usually have meat that they will give away. They are anxious to give to church children's programs and things like that. In most states, there is a law that if the slab of meat touches the ground, they have to throw it away. Drop around meat houses late in the day and trip a few trucks.

Fishermen always have hundreds of pounds of fish that have to be thrown out. You can have as much as you can cart away, generally just for the asking. Boats come in late in the afternoon and they will give you some of the catch, or you can go to the markets early in the morning when the fishing is best.

These methods of getting food in large quantities can only be appreciated by those who have tried them. You will be totally baffled by the unbelievable quantities of food that will be laid on you, and by the ease of panhandling.

Forming a food cooperative is one of the best ways to promote solidarity and get every kind of food you need to survive real cheap. It also provides a ready made bridge for developing alliances with Blacks, Puerto Ricans, Chicanos and other groups fighting our common oppressor on a community level.

Call a meeting of about 20 communes, collectives or community organizations. Set up the ground rules. There should be a hard core of real good hustlers that serve as the shopping or hunting party and another group of people who have their heads together enough to keep records and run the central distribution center. Two or three in each group should do it. They can get their food free for the effort.

Another method is to rotate the activity among all members of the conspiracy. The method you choose depends upon your politics and whether you favor a division of labor or using the food conspiracy as a training for collective living. Probably a blend of the two is best, but you'll have to hassle that out for yourself.

The next thing to agree upon is how the operation and all the shit you get will be paid for. This depends on a number of things, so we'll map out one scheme and you can modify it to suit your particular situation. Each member of every commune should be assessed a fee for joining. You want to get together about $2,000, so with 200 members this is ten bucks apiece. After the joining fee, each person or group has tp pay only for the low-budget food ordered, but some loot is needed to get things rolling.

The money goes to getting a store front or garage, a beat-up truck, some scales, freezers, bags, shelving, chopping blocks, slicer and whatever else you need. You can get great deals by looking in the classified ads of the local underground newspaper and checking for restaurants of markets going out of business. Remember -- the idea of a food conspiracy is to get tons of stuff at real low prices or free into a store front, and then break it down into smaller units for each group and eventually each member. The freezers allow you to store perishables for a longer time.

Continued on Page 6

"Some call him Pig." So reads a new billboard around town, which features a cop (white, naturally) giving mouth-to-mouth respiration to a young white boy. Why does the boy need artificial respiration? Has the cop just maced him in a police riot? Or shot him in the back, like the Gay brother in Chicago? This is left to each viewer's imagination. But a medical student friend of mine pointed out that the boy probably will die anyway, because the cop is using faulty technique - the boy should be lying flat, the cop should be holding the boy's nose and applying pressure to the heart - none of which is true in the billboard.

So much for Pig Public Relations.

Abbie Hoffman cont.

The hunting party should be well acquainted with how to rip off shit totally free and where the best deals are to be found. They should know what food is seasonal and about nutritional diets. There is a lot to learn, such as where to get raw grains in 100-pound lots and how to cut up a side of beef. A good idea is to get a diet freak to give weekly talks in the store-front. Cooking lessons can also be given.

Organizing a community around a basic issue of survival such as food makes a lot of nitty-gritty sense. After your conspiracy gets off the ground and looks permanent you should seek to expand it to include more members, and an emergency food fund should be set up in case something happens in the community. There should also be a fund whereby the conspiracy can sponsor free community dinners tied into celebrations. Get it together and join the fight for a worldwide food conspiracy. Seize the time! STEAK!

A SHORT RAP on SPEED or Going NOWHERE FAST

It seems that whenever the winter doldrums set in (January to March) people get restless and bored, a common feeling in Amerika, and turn to SPEED for some Cheap Thrills.

Many of us realize that speed is a fake trip and a dangerous one at that. It rots your teeth, weakens the gums, destroys hair roots and eats your bones.

In short, SPEED KILLS.

It is well known fact that speed is a favorite of STUDENTS, HOUSEWIFES, BUSINESSMEN and assorted HIPPIES. If you need Mother's Little Helpers to continue your some-what strained life experience, maybe you should reevaluate your trip.

Our suggestion to the victims of the speed dealers is to Turn On to Sacramental Dope and to your own Life Energy that the creator has instilled in you. The next step should be obvious, Drop Out and join us in the creative work play of building a community to receive the New Dawn.

MEN! Avoid Embarrassing Odor WITH MOUNTAINAYER, THE FIRST MASCULINE HYGIENE DEODORANT SPRAY . . .

Mountainayer

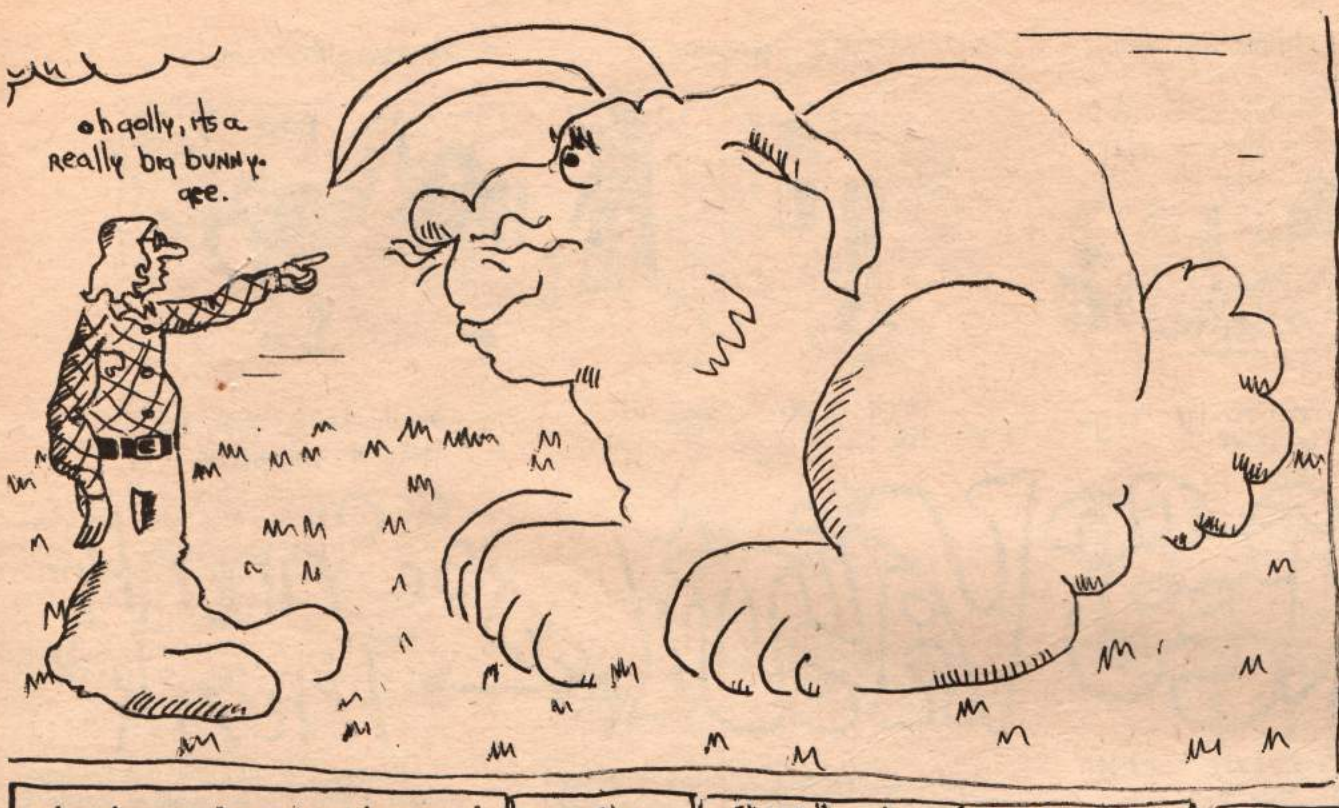
a gentle pine scented suds foam that eliminates odor and protects against bacteria for hours.

FOR THE MAN WHO KNOWS WOMEN

Unfortunately Mountainayer is not available at your druggist or anywhere else.

A Women's Lib Laugh Ad . . .

Berkeley to the Pentagon to Haight-Ashbury to Berkeley to Ann Arbor to Madison to Berkeley to Chicago to San Francisco to France to New York to Mexico City to White Lake to Japan to Prague . . .



Mother Pig Cartoons by tommyboy
presents: "tommy and the big bunny"

this is a story of a boy and his bunny.
the picture on the left is only a picture.
the cartoon starts here.

OUR TOWN IS YOUR TOWN

Our Town is owned by it's readers and is put out by Our Town Collective. You can make a dime a copy for hawking papers by picking them up at our house (413 Emery St.) Subscriptions are three dollars for 13 issues and five for 26 issues. The press run for this issue was 2000. Papers that aren't sold are snuck into grade school bathrooms, suburbia and the police dressing room by our double agents.

We are members of:
Liberation News Service
Underground Press Syndicate
YIP News Service

Well folks, here's something to do in your spare time. Cut out this little mini-poster and paste it, glue it, tape it, condense milk it, or otherwise affix it to any enemy outpost.

Some possibilities might be pasting it up inside pig stations, on pig car bumpers, on defense-oriented businesses, on Safeways, mailed to any pig institutions (draft boards, banks, etc.) inside packages, under the hood of ruling class cars, you know--in or around any pig pen. Principals' offices are O.K.

It's harmless, non-threatening, actually for their own good: it means keep on your toes, motherfuckers.

It blows minds, guaranteed

Women's oppression is...

being helpless when things fall flat

Women's liberation is...

knowing how to fix things yourself

Women's oppression is...

being afraid to walk in the street alone at night

Women's liberation is...

women being able to defend themselves

Women's oppression is..

spending two hours getting ready to go out

Women's liberation is.

feeling good just the way you are

Women's oppression is..

"three's a crowd"

Women's liberation is...

"the more the merrier"

PRINCESS VALIUM MEETS a Shrink-Think"

--sylvia hartman

Sylvia Hartman is on the staff of Everywoman in Los Angeles.

CASHING IN ON SEXISM IN PSYCHIATRY

Valium is a tranquilizer. And what you see (pg. 17) is part of an expensive pamphlet, aimed at psychiatrists, advertising that drug. For all I know, every single one of the nation's fifteen to twenty thousand physician-psychiatrists has received a copy of this ad.

Frankly, I'd rather see matches given to toddlers.

This ad is "sexist" in the worst possible way. It plays into the notorious, but typical, Freudian-based, anti-woman, sex-stereotyped thinking that permeates the mental health profession at all levels. (I call it SHRINKTHINK). Furthermore, it capitalizes on the fact that most psychiatrists don't know beans about the hocus-pocus of psychological testing and interpretation, which forces them to take the "scientific" conclusions of the equally anti-female psychologist on blind faith. Thus, sexism is perpetuated.

But, maintaining this myth that psychological testing is "mysterious" is about the only power-weapon the psychologist has against the higher-status psychiatrist—just as being "mysterious" is often the one power a woman has over the higher-status male. (Translated, this means the woman keeps what she really thinks to herself. Similarly, psychologists don't let on how they really come to their biased conclusions.)

As an EX-psychologist (I lost The Faith) I warn any psychiatrists who might still be taking such tests as the Draw-A-Person test in the Valium ad seriously that they are being HAD. The same goes for the Everyday Housewife who chooses one detergent over another because the commercials have convinced her that it contains more "scientifically proven active ingredients." She is being HAD too.

Advertising abuses women. Advertising uses women. In the Valium ad (the brainchild of Roche Laboratories, Nutley, N.J.) the woman patient who drew the picture (supposedly a real case history on file at Roche) is being psychologically drawn and quartered in public. She is also victimized by sex-stereotyping and out-and-out fabrication—which tells us something about the psychologists, male or female, interpreting her production. Is this any less dehumanizing than the sex-pot model whose body is used by General Motors to sell cars?

You don't have to be a psychologist to know that the interpretation of the Draw-A-Person test is ridiculous. COMMON sense will tell you that.

Unfortunately, an alarming number of mental health professionals have lost touch with whatever common sense they might once have had. Just read Dr. Joyce Drothers or Dr. Spock (on women) or listen to the "eminent psychiatrists" on TV talk shows with their "years of intensive clinical experience" (meaning they've been doing the same things for years, as they were taught, without thinking it through and without changing) and you'll see how they are still dancing in the outdated Freudian Follies. To them, anatomy is still destiny. A woman's place is in the home—where she is happiest. The Normal Woman gets her fulfillment by giving up herself for her husband and her children. An Aggressive Woman (i.e., a woman who is, say, competent outside the home) is castrating, neurotic and trying to be a man. And so on.

It looks like it will be quite a while before the bulk of mental health professionals change their attitudes about women. As one male social worker said to me a few months ago at a statewide mental hygiene conference "Women's rights? What's THAT got to do with mental health?"

The only ways to fight shrinkthinking are 1) to recognize it when you run into it and know that 99% of shrinkthink is double-talk and make-believe and 2) to learn how to outwit shrinkthinkers should you run into them.

This COULD happen. You, too, could be in the position in the Valium ad. If three out of five marriages bust up, is her predicament so unusual? And is her reaction so abnormal?

Or, you could do something so simple as apply for a job. A lot of companies have their own resident psychologists. You could suddenly find yourself in a strange office, have a pencil and paper shoved at you and be asked to "Draw a person, a whole person."

In desperation, some such women run to psychiatrists for help. Some are referred to psychologists for testing. Few realize that diagnostic labels they receive are on record someplace for life.

What should you do?

Answer: You have no choice.

You can't refuse—unless you want to risk being labeled paranoid—and "paranoids" don't usually get hired.

So you're going to Draw-A-Person. The question is, HOW?

By dissecting the psychologist's interpretation of the Valium Draw-A-Person (DAP) test I'll try to help you learn what you SHOULD and SHOULDN'T do if you want to "pass" it.

Try, if you can, to psych-out the psychologist. If he or she (shrinkthink knows no sex) is a male-chauvinist and you're a woman, you have to be especially careful to draw the person the "right" way. Interpretation of any DAP is clearly more a product of the prejudices and mental meanderings of the psychologist than of the individual taking the test.

Because I don't know if the shrinkthinker in this case is a male or female, I will, from here on, refer to "him or her" and "h/h" and "he or she" as "h/s." This is a time-saving device only, not any attempt to correct our sexist language which subsumes women under such words as "mankind" and uses the pronoun "he" when it means he OR she.

Women are supposed to draw a woman on the DAP, unless they want a "masculine identification" label. If a man draws a woman (unless asked to do so) he's got "latent homosexual impulses" for sure. Always put the figure in the middle of the page. Don't make it too big or too small. Steer clear of naked ladies. That's only for men. Steer clear of naked men, too. For women, modesty counts on the DAP.

Now, to PRINCESS VALIUM.

THE EYES

Going counter-clockwise for the sake of rebellion, let's look at the psychologist's interpretation of the eyes. H/s concludes that they show a "low degree of femininity expressed in no eyebrows, no eyelashes, straggly hair."

Now, what does THAT mean? What IS "femininity" anyhow? Don't men have eyebrows? Or, does this psychologist associate "femininity" with a lot of junk around the eyes—maybe eyebrow pencil, eyeliner, eyeshadow, mascara? And the hair: Don't men sometimes have straggly hair (hippies??). Had a man drawn a picture of a man with straggly hair, would the diagnosis still be "low degree of femininity?" If not, why not? Why should the psychologist change h/h interpretation depending on whether a male or a female did the drawing?

Answer: Because this psychologist is a sexist, that's why!

So don't forget to put junk around the eyes when drawing a person and make the hair neat.

IMPORTANT Don't overdue it. There's an unwritten rule in shrinkthink. No matter what a patient says (or does on tests) it means the opposite. Saying "I love" means "I hate" and so on.

A good example of this aspect of shrinkthink is seen in the psychologist's interpretation of the mouth. "Smile on otherwise constricted and tense figure suggests attempt to cover anxiety with smiling social facade."

Now THIS makes me begin to wonder about the mental health of the guy who did this Draw-A-Person some years back:

smile on otherwise constricted and tense figure suggests attempt to cover anxiety with smiling, social facade

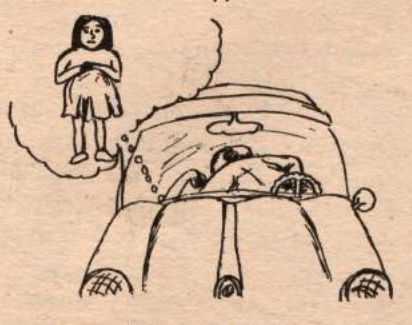
Women's oppression is...

being afraid no one will ask you to dance

Women's liberation is...

everyone dancing together

Women's oppression is...



worrying about getting pregnant

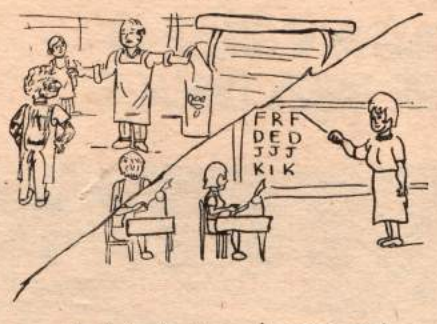
Women's liberation is...

being able to take care of this beforehand

Women's opp

taking care in the house

Women's oppression is . . .

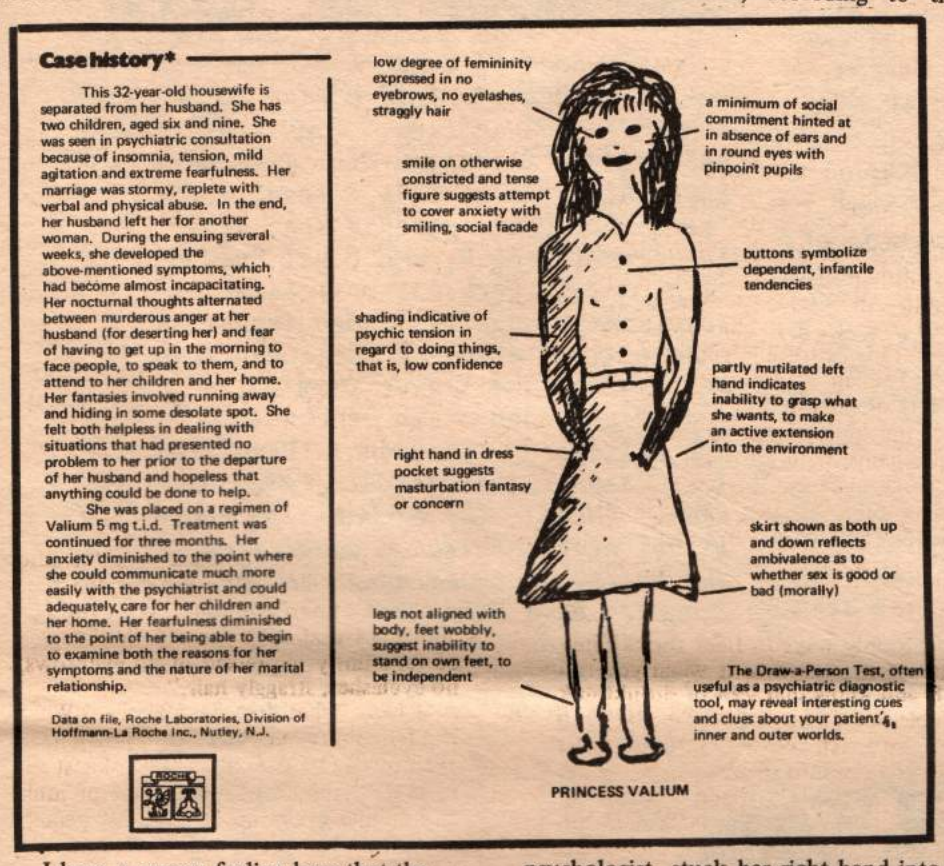


all-girl typing classes and all-boy shop classes

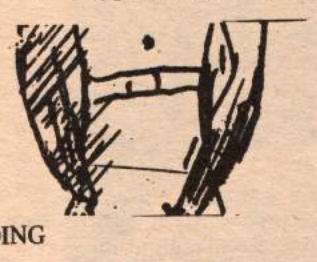
Women's liberation is . . .

learning what you want to learn

Another thing: what gives the psychologist here the notion that the drawing is "constricted and tense?" Let's look at the woman's face: The eyes are round circles with comma-shaped lines in them. Are round circles and comma-shaped lines intrinsically "constricted?" Are the two little dots for the nose intrinsically "constricted?" Are the lines indicating hair "constricted?" I see no other lines on the face that might indicate frown or worry lines. I see no face muscle lines which could possibly be used as "indicative of tension and constriction."



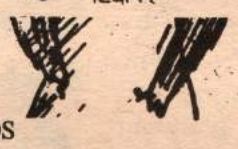
I have a creepy feeling here that the psychologist, having read the record on this patient, and no doubt having talked both to her doctor and the patient herself about her condition, is basing h/h interpretation on that, rather than on the test itself. That is typical. But it's not "scientific."



SHADING

The psychologist really lept on the fact that the patient used shading on the right side "indicative of psychic tension in regard to doing things, that, is, low confidence." How WHERE is it written that shading automatically means tension and low confidence? Isn't it possible that the patient, trying to live up to what she felt were the psychologist's "artistic expectations," stuck in a little shading so the drawing would look more "artistic?" Or maybe the patient decided the sun was out. Why couldn't the psychologist have assumed this and concluded "shading indicates she sees a ray of hope and has confidence that her future will be bright and sunny?"

THE HANDS



It's wicked to draw hands. Just try it. Some people just draw five awkward oblongs at the end of an arm and leave it at that. But this usually looks lousy unless the "artist" has talent. Still, if you want to pass the DAP, that's what you have to do. Anything else is suspect. Princess Valium here, according to the psychologist, stuck her right hand into a convenient "pocket," thereby causing the shrinkthinkers to say "suggestive of masturbation fantasy or concern."

(This makes me think of all those many portraits of Napoleon. Just what was he up to with his hand stuck in his jacket, anyway?)

But you can't concern yourself with such things when taking the DAP. You have to play it safe and KEEP THOSE HANDS AWAY FROM THE BODY.

Again, away—but not TOO far away. Remember the "whatever it is, it's the opposite" rule. I can just see it now: "Hands far away from body suggests attempt to cover up real desire to masturbate in fact or fantasy." Shrinkthink loves to blur fact and fantasy. It's lucky shrink thinkers aren't policemen—or we'd all be put in jail for what we're thinking.

A WORD ABOUT SHRINKTHINK TALK:

The lingo of the Freudian-influenced mental health profession is a study in ambiguity, nonsense and non-communication—outdone only, perhaps, by the language of the Nixon administration. For example: Recent U.S. air strikes over N. Vietnam were styled "reinforced protective reactions."

Shrinkthink is careful-talk. Everything is qualified, leaving room to hedge and retreat and, interpret any way you please. On tests like the DAP and the Rorschach (inkblot), the individual's pro-

Women's oppression is . . .

witnessing the learning process

Women's liberation is . . .

sharing the process

ductions and responses never "prove" anything. Rather, they "indicate," "suggest," "hint at," "reflect," or "symbolize" some awful bit of pathology. Even the word "normal" comes out on paper as "within the normal range." The word NORMAL is Non-U in shrinkthink.

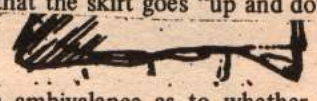
THE LEGS AND FEET

Another thing that's hard to draw is feet or shoes. The perspective is funny since feet come right out at you and must be foreshortened. Children will often give up trying the perspective thing and draw shoes pointing out sideways ballet-style. After all, that's the way shoes look on the floor. Adults make attempts at perspective and often come up with a club-foot look. Observe the fashion sketches in the newspapers. Most of those artists don't add feet at all. The model's legs just fade away into delicate thin lines. Are fashion artists, therefore, "unable to stand on their own feet and be independent?"

The psychologist is using what he KNOWS ahead of time about the patient again and making like h/s got it all from the DAP test. That's called cheating in mythink. The psychologist knows the woman is "unable to stand on her own feet." He read it in the record: Patient married at 21, two children, no profession, deserted by husband for another woman. You aren't KIDDING a woman like this is "dependent!" And so are millions of others in her position. That doesn't make them Valium candidates.

I wonder how a Chinese psychologist might interpret the feet in this drawing. Since foot-binding was a cultural sign of beauty and femininity in the past, might not h/s say "small feet indicative of a high degree of femininity." After all, just as the Chinese KNOW small feet are "feminine," so does our shrinkthinker here KNOW that eye junk, eyebrows and neat hair are "feminine."

According to the psychologist, the fact that the skirt goes "up and down re-



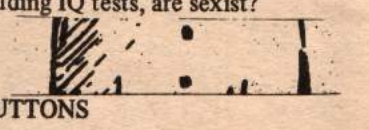
flects ambivalence as to whether sex is good or bad (morally)." Just between you and me, I never saw a drawing of a full skirt that DIDN'T go "up and down"—whether drawn by an adult or a child. Again, that's called perspective. Look at the fashion drawings again. The patient, as far as I'm concerned, shows here that she is observant at least. Had she drawn a straight line across it would to me, "suggest stupidity." Maybe the psychologist was hoping for a mini-skirt or a naked lady. (?)

THE LEFT HAND

The patient goofed here and tried to draw the left hand instead of sticking it in another pocket (excuse me, instead of having "masturbation fantasies or concerns" with it). The psychologist states that the hand is "mutilated," that it "indicates inability to grasp what she wants, to make an active extension into the environment."

Since the psychologist is having h/h own fantasies, I don't see any reason why I can't have mine. The hand is a fist—and the only active extension into the environment I can think of is a sock in the jaw one for her husband, one for her predicament as a nowhere-woman in this society and one for the stupid psychologist asking her stupid questions and making her draw a picture when maybe she doesn't feel like it and knows what she draws can be used against her. Can one take the 5th against psychological tests?

If the Draw-A-Person test is really a valid personality test, how is it that two psychologists (the shrinkthinker here and me) can come up with two entirely different interpretations of the same test? If my conversion to feminism and awareness of women's crummy status can so affect how I interpret her drawing, then doesn't that say something ominous about the validity of the test itself? Isn't this just further proof that the test tests the testER and not the testEE? And isn't it possible that ALL psychological tests, including IQ tests, are sexist?



BUTTONS

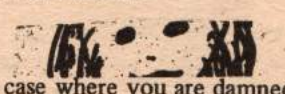
If you're suspected of losing your marbles, you'd better lose your buttons, too. This came as a surprise to me. I never knew that buttons down the front "symbolizes dependent, infantile, tendencies."

It leaves me wondering how this woman in the drawing is supposed to get into her dress because to me, it's buttons down the back that really make a woman dependent. I couldn't wear half the clothes I own if I were living alone. I need help getting into them. How many times have you heard, "Zip me up?"

LEFT EYE AND EARS

According to this psychologist, "A minimum of social commitment hinted at in the absence of ears and in round eyes with pinpoint pupils." Since when has minimum social commitment been a neurosis? Has the psychologist been to anti-war or anti-air pollution demonstrations to study what the eyes of the socially committed look like? Can't we just as easily fantasize that pinpoint pupils "suggest piercing intelligence" or is this observation reserved for males???

THE EARS



Here's a case where you are damned if you do and damned if you don't. Frankly, I don't see an "absence of ears" here. Rather, I see a "presence of hair"—and to have ears sticking out of this "straggly hair" would strike me as a bit obscene. Test takers should always avoid that phallic stuff. If you're doing the DAP and have to decide about ears, my advice is (unless the hair is short) that, if you're a woman, it's best not to have them sticking out. Just skip them. Besides, women shouldn't worry too much about that "minimum of social commitment hinted at" label. As we all know, Normal Women aren't supposed to be socially committed anyway. So, despite the psychologist's crack about the lack of it, deep down h/s is probably giving the patient a back-handed little plus for "femininity."

Well, so much for Princess Valium from the Valium of the Dolls.

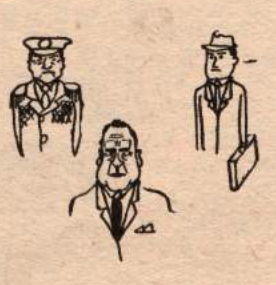
reprinted from Everywoman

ession is . . . Women's liberation is . . .

of everything yourself

everyone pitching in

Women's oppression is . . . Women's liberation is . . .



women having to stay quiet while men run the world

women working together to shape the world

Drug Bust By Bill Bowers

The following article is the first in a series of articles inspired by The Drug Bust written by John Dominik.

John Dominik was a law student who was busted on drug charges during his senior year. He spent two years trying to get his book published, during which time it became obvious that the establishment was not going to publish it. The book was printed by the author "with a little help from his friends."

As a source of information and as a public service this column and the rest appearing in the series hopefully will reduce some of the fear and paranoia so evident in "freak" circles today. It is the objective of this column to provide information about the operation of narcotic agents, police, and the courts.

Possession: The federal laws prescribe a penalty of 2-10 years for the possession of marijuana, cocaine, and heroin. Possession of LSD and other "dangerous drugs" carries a penalty of 1-3 years. In addition, each state has its own drug laws - most of which have penalties harsher than the federal government's.

Possession under the law is defined as "physical control" plus "possessory intent." To be in physical control of a drug one must have it on his person or in his immediate area (i.e. in his house or car). No quantity is too small to support a conviction for possession. People have been convicted on marijuana seeds or roaches found in their pockets or ash trays.

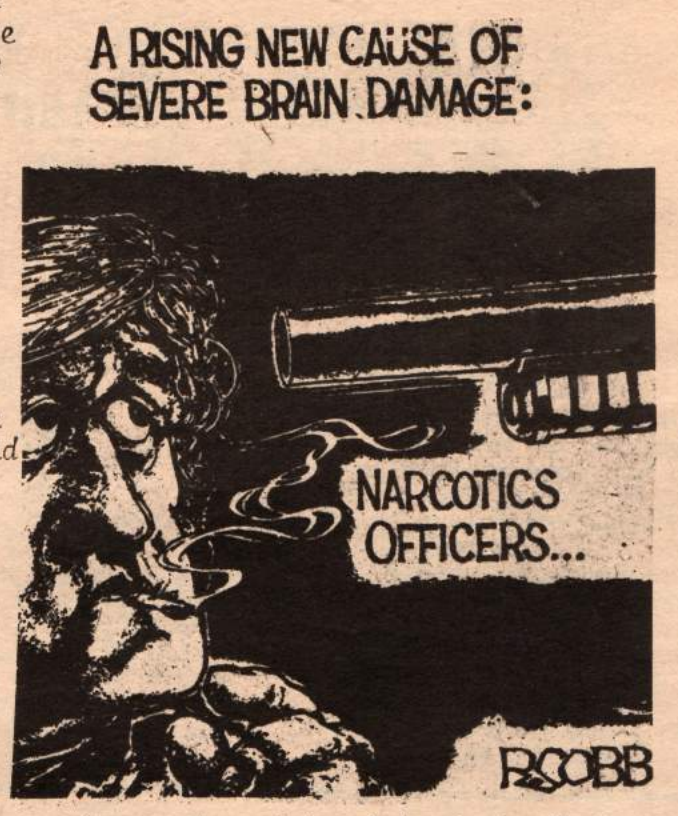
To have possessory intent one must know he is in physical control of a drug. Cases have recently arisen involving packages sent thru the mail. (postal authorities have been authorized to open any packages that have been mailed from foreign countries.) If the defendent is arrested before opening the package it is very difficult to prove he knew its contents. In cases where the package is addressed to Mr. X, care of the defendent, it is even more difficult to prove the defendent had possessory intent. The charges are dismissed for lack of evidence in most cases involving unopened packages:

"The police will arrest everyone in a car or apartment where drugs are found; the charges are usually dropped against the passengers or visitors because of the difficulty in proving those people "knew" there was an illegal drug present - that the defendents had "possessory intent." If the driver of the car isn't the owner he can usually escape criminal liability because of the difficulty in proving he had possessory intent.

It is illegal under federal law to be in a room where an illegal drug is present. Under these statutes the defendent's presence, plus knowledge that an illegal drug is present is all that is necessary to commit a crime. (When a residence is raided and an illegal drug found, the owner of the residence is charged with possession; the other people present are usually charged with "loitering for the purpose of acquiring drugs.")

Sale

Convictions for selling marijuana carry a severe sentence: In many states the first offense results in a mandatory prison sentence. In several states a convicted seller can be sentenced to life imprisonment.



One wonder of legal logic is that you don't have to sell a drug to be convicted for selling. Many statutes are written in "catch-all" terminology which states it's illegal to: "sell, dispense, procure for, etc." For example, A, B, and C get busted at a party. Each has possession of some marijuana. If, under threat of prosecution, they are pressured into testifying that X gave them the marijuana, then X can be convicted for dispensing marijuana. Penalties for dispensing and selling are the same. (Note: the exchange of money is not necessary for a conviction; the basis for prosecution is the transfer of a drug from one person to another and does not depend on a profit motive. Numerous cases like this have resulted in conviction.)"

LETTERS:

SOMETHING ON YOUR MIND?

As part of the effort to live a free and joyous life in the face of repression and the apocalypse we, some people, have declared August 6th Drop-Day. For the first annual celebration of Drop-Day there will be a festival at the White House in Washington D.C.

Inseparable from the celebration is the sense of integrity w which is the foundation of a new life: We are what we are and nothing more. Accordingly, a secondary purpose of the gathering is to openly show what we are and to do openly that which we are now forced to do surreptitiously. The public and the Man must see what the sons and daughters of Amerika are, and how many we are.

The real birth of a culture is at stake. Together, in large numbers, on August 6, a victory will be had; a child is coming. See you August 6.

Ad Hoc Drop-Day Committee

Many people say, "Look how bad the Russians are for spreading all that propoganda in their country. I'm sure glad we get a truthful picture of things." If you think that we get a truthful picture of things in this country, you're all screwed up in the head.

When we first started to move west to expand our civilization, we pushed the Indians out and destroyed their civilization, but according to the history books, it was an OK thing to do since we were more "civilized." But when Japan, a more civilized (according to their definition -- technologically) nation, moved into China to spread its technology, what bad people they were for pushing out the Chinese. Yet we did the same thing to the Indians, but we were good-guys for doing it.

In the news you hear how the United States is trying to end the nuclear arms race with the other countries of the world, but yet they still explode nuclear bombs underwater in Alaska. Everyday the United States Army has almost ceased the fighting in Viet Nam, yet they bring out dead American soldiers dressed in South Vietnamese uniforms out of Laos.

We sure get a clear picture of things now don't we.

Yours truly,

David Andrew Jenkins

What would happen to your car if you continually used a low grade gasoline and a second-rate motor oil? What will happen to a human body when it is continually subjected to devalued and unnutritional foodstuffs?

Think several times before you allow a doctor to cut out your appendix or your tonsils out of YOUR body. Did NATURE make a mistake or is the doctor guessing? "Every form as nature made it is correct," --Propertius. What about nutritional therapy in correcting internal diseases vs cutting and chemical drugs that are toxins to the body? When you introduce drugs to cure an illness you are merely compounding the problem. First you must get over the illness, then you have to let your body neutralize the drugs put in the body in a foreign chemical form. Did you know that synthetic drugs are mainly in a coal tar base and that this base is a poison to the body? Toxin and poison are synonymous.

Which brand of banana is better and why? CHIQUITA OR CABANA? What do you think of the quality of fruit that the PROFIT company pushes off to the students under the guise of nutritional food? Take a look at the foods available to the student in the BluGold. Are any of these foods beneficial to aiding the body in reconstructing new life cells? The milk is about the only food in the BluGold that is not an empty calorie food.

Did you hear about the man in New York who went looking all over the bog city for some VITAMIN C to protect him against colds? He caught a cold.

Chippewa Falls now has a HEALTH FOODS STORE on Spring Street. The General Nutritional Corporation, the largest HEALTH retail food chain in Amerika will be located in London Square, the new shopping center that is under construction.

Is it a blow to your ego when you are told that you are eating garbage? The next time you buy groceries, look at the labl

groceries, look at the labels and see how many poisons you are going to consume. BHT, BHA, MSG, CYCLAMATES, SACCHARINE, ARTIFICIAL COLORING AND FLAVORING are all toxins to the body.

It is very interesting to know that there is an establishment on campus that is organically tuned in and is helping the student become aware of their nutritional needs. JERRY AND BOB are not only the best barbers in Eau Claire but they are aware of the nutritional needs of HAIR. These right-on barbers have stocked their soap with ORGANIC SOAPS AND SHAMPOOS BY THE RK MEN'S CO..This product is far superior to any hair or facial soap in the area because it is made from natural organic protein.

Why can't we have a Natural Foods Cafeteria instead of the plastic food garbage that the Profit Co. imposes on us?

It is time to rebel against the vaccination. More deaths are caused by administering it then would happen if the vaccine was admitted. Why put a dirty virus from a cow into a clean body? Why are we so gullible?

Joy is living a healty life. Do you think you need vitamins to supplement your poor eating habits? Say to yourself when you're eating, "Is this good for me?" This is not to scare you into changing your eating habits, this is to frighten the hell out of you into seeing the reality of the toxins that are going into your ONLY body. Are you going to rise above the herd?

Nature and Truth are one, and immutable, and inseparable as Beauty and Love.

Bill Buterfly

letters to the editor

NOTES ON THE NEW GEOLOGY

WRITTEN BY Chester Anderson

BY GEORGE SPERGEL APPRENTICE

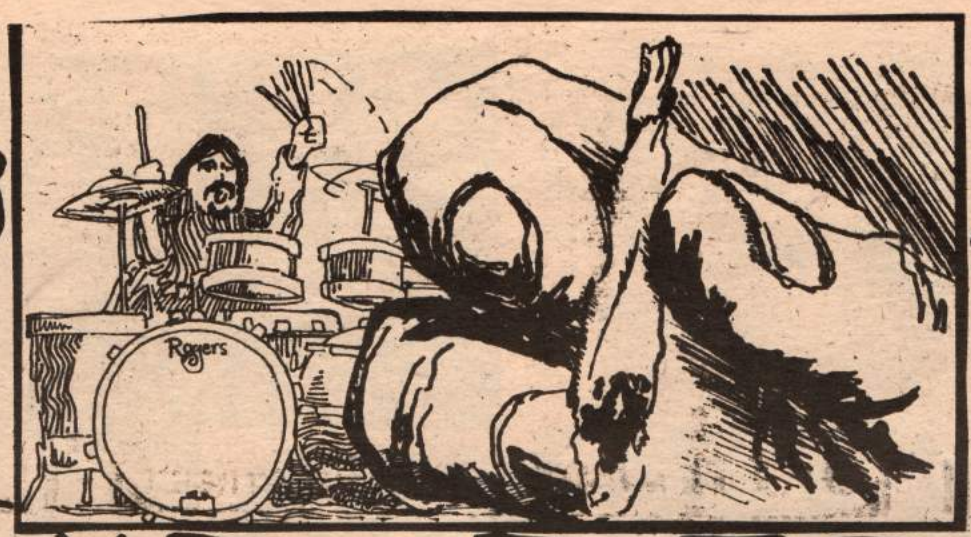
Rock is essentially head (or even psychedelic) music.
Rock is a legitimate avant garde art form, with deep roots in the music of the past (especially the baroque & before), great vitality, and vast potential for growth & development, adaptation, experiment, et cetera.

Rock shares most of its formal/structural principles with baroque music (wherein lie its most recent cultural roots), and it & baroque can be judged by the same broad standards (the governing principle being that of mosaic structuring of tonal & textural contrasts: tactility, collage, montage).
Rock is *per se* revolutionary, and even its apparent domestication by record companies & top-40 DJs can't counteract its political effects.
Rock is evolving Sturgeonesque *homo gestalt* configurations:
—the groups themselves, far more intimately interrelated & integrated than any comparable ensembles in the past;
—super-families, like the San Francisco Diggers, The Family Dog, the Boston *Avatar* the Montague branch of LNS, the communication company & other such communal enterprises;
—and pre-initiate tribal groups like the teenyboppers; all in evident & nostalgic response to technological & population pressures.
Rock is an intensely participational & nonlinear art form, forerunner of something much like McLuhan's covertly projected spherical society.
Far from being degenerate or decadent, rock is a regenerative & revolutionary art, offering us our first real hope for the future (indeed, for the present) since August 6, 1946; and its effects on the younger population, especially those most deplored by typeheads, have all been essentially good & healthy so far.
Rock principles are not limited to music, and much of the shape of the future can be seen in rock aspirations today (these being, in part, total freedom & experience, total involvement, total love, peace & mutual affection).
Rock is an intensely synthesizing art, an art of amazing relationships (collage is rock & roll – so are science fiction & politics), able to absorb (maybe) all of society into itself as an organizing force, transmuting & reintegrating what it absorbs (as it has so far with folk & country music, Indian music, cinema, literature, graphic art, New Left politics & occultism); and its practitioners & audience are learning to perceive & manipulate reality in wholly new ways, quite alien to typeheads (who can perceive little more than straight-line phenomena).
Rock has reinstated the ancient truth that art is fun.
Rock is a way of life, international & verging in this decade on universal, and can't be stopped, retarded, put down, muted, modified or successfully controlled by typeheads, whose arguments don't apply & whose machinations don't mesh because they can't perceive/dig what rock really is or what it does.
Rock is a tribalizing phenomenon, immune to definition & other typographical operations, and constitutes what might be called a 20th century magic.
Rock seems already to have synthesized most of the intellectual & artistic movements of our time & culture, cross-fertilizing them & forcing them rapidly toward fruition.
Rock is a vital agent in breaking down absolute & arbitrary distinctions.

Any artistic/cultural/social activity not allied to rock is doomed to preciousness & sterility.

Group participation, total experience & complete involvement are rock's minimal desiderata, and those as well of a world that has too many people.
Rock is evolving the social rituals of the future.
The medium is indeed the message, and rock knows what that means.
No arbitrary limitations of rock are valid (i.e., a rock symphony, opera or concerto grosso, for example, or even a rock novel, is more than possible).
Rock is handmade, and only the fakes are standardized.
Rock presents an aesthetic of discovery.

FROM CRAWDADDY



PINK FLOYD

The Floyd are evolving as are many groups, and are one group of musicians that are consistently creative. As a furious surrealistic band using certain electronic instruments such as Moog, Melatron, etc., they set the course for such others as King Crimson, Nice.

Now even more pleasing and mature, the group offers some subdued, well thought out Dairy Music, referring to front and back covers. Their new release, Atom Heart Mother, may be described as being country electronic music.

Side 1 is one piece of music written about a day in the life of a farm. From dawn to sunset, its presence is most delightful. It has its minor moments though, probably because the choir they hired seems offkey at times. It starts out slowly with a feeling almost of rising sun, then proceeds with a gathering, ever-flowing structure of major and minor chords. Following a series of movements, The Pink return to the original forward theme, choirs chanting set of a number of explosive exchanges between the orchestra and the band.

Side 2 is composed of a number of songs, of which "Summer 68" seems to have the most potential commercial success. "Alan's Psychadelic Breakfast" is the cereal music of the side, ending out the album with a nice array of tonal crunching.

All in all, it's a nice album; you might even say it's Atom Heart Mother-fucking good.

Jay Wambold

Mason Proffit

Mason Proffit's new album is truly a captivating excitement, both lyrically and musically. Rumor has it, (and I'm spreading it) that the group's from Louisiana, and therefore they project a fine down-home feeling with Our Home lyrics. "Two Hangmen" tells the story. The lyrics on this one song hold more truth and reality that I have ever yet to read. "Buffalo" tells of our lost Indians today. The steel guitar on the album is also an extra and exciting feeling. It's definately the album to get it together with. By the way...Dig the banjo solo at the end of side two, even if you don't dig banjo.

Bob Bosier

Emiliana Zapata

Emiliana Zapata wasn't a revolutionary, unless claiming to get back what you used to own is to be a revolutionary. He wasn't really a Mexican unless in order to be Mexican you only need to have been born in Mexico. He wasn't a soldier, or a general, or whatever people used to call him: He was just a man.

I don't want to discuss the reasons "decent people" used to call Zapata a thief because I don't know if they are true. Of course "decent people" used to make revolutions to be more revolutionary. It didn't seem to them that they were creating a revolution.

People say that to love is to understand. I believe it is more truthful that to understand is not to love. He loved people who could never understand.

He was not political at all and he didn't care about his country or who was the president at that time. Political systems didn't have much value for him. He only wanted land for his people, for every Indian and Mestizo. He claimed for the land: One time his native town owned Anenecuildo. He wanted corn, weed, and pumpkins. Gunpowder for firecrackers. But the government busted him using it in a different way. Land was what he was hungry for because everyday people in Mexico are the people who are hungry most of the time. Of land he was made, and that was what he wanted; no more or less.

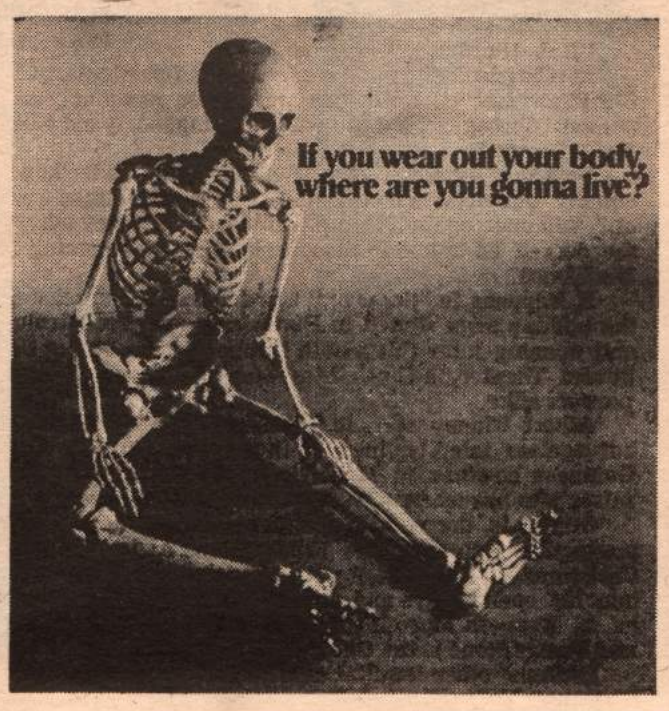
and cups for home use. Bring an empty book bag and load up after you've cased the joint. Finishing leftovers can be accomplished in even the fanciest restaurants. When you are seated at a place where the dishes still remain, chow down real quick. Then after the waitress hands you the menu, say you have to meet someone first, and leave.

In fancy sit-down restaurants, you can order a large meal and halfway through the main course, take a little dead cockroach or a piece of glass out of your pocket and place it deftly on the plate. Jump up a-

employees in trouble or screwing them out of the tip.

One fantastic method of not only getting free food but getting the best available is the following technique that can be used in large metropolitan areas. Look in a large magazine shop for gourmet manuals and tourist digests. Swipe one or two and write down a good name from the masthead inside the cover. Making up a name can also work. Next, invest $5.00 to print business cards with the name of the magazine and the new "associate editor." Call or simply drop into a fancy restaurant, show a copy of the magazine and present the manager with your card. They will insist that the meal be on the house.

Great places to get fantastic meals are weddings, bar mitzvahs, testimonials and the like. The newspaper society sections have lists of weddings and their locations. If your city has a large Jewish population, subscribe to the newspaper tha services the Jewish community. Ther are extensive lists in these papers of family occasions where a lot of good food is served. Show up at the



RICKY AND THE SPITFIRES

"Made in the shade, baby" is th only way anyone can explain Ricky and the Spitfires. Formerly, Alamo, the group changed their name to add a little class and they did. They are one of the bassed out groups in River City, the reason being that they have two bass players. When I asked them why they had two bass players, Stan told me that "he couldn't afford an organ." Whereas, Denny said that they had two bass players so people could ask why they have t[illegible] ers. So much for t[illegible]

Members of the [illegible] Richard Spitfire - [illegible] group. Stanley - [illegible] Jenson - lead guita[illegible] Carey on drums.

Although a ser[illegible] group, their ideas [illegible] are "beating up pe[illegible] "drinking beer and [illegible] beat" and "listeni[illegible] Campbell records." [illegible] their music is har[illegible] Hard to listen to [illegible] mistakes.

To get a free Ricky and the Spitfires poster write to their fan club at:
705 North 7th St.
Eau Claire, Wisc.
or just call at: 835-3200

[illegible] through medita- [illegible] arch.

[illegible] most vital things [illegible] is that although [illegible] s a basic inter- [illegible] meaning of the [illegible] ange in the lay [illegible] ing. The cards [illegible] nce each other [illegible] If the Ace of [illegible] vil and the Sun [illegible] ner in a layout [illegible] erpretations [illegible] in the accept- [illegible] tual love one [illegible] o overcome [illegible] baser type to [illegible] ssles of a baser [illegible] ve the highest [illegible] lopement.

[illegible] the cards take [illegible] ce, respect and [illegible] d, as well as, [illegible] ss of each per- [illegible] ill.

This is a manifestation of your free will.

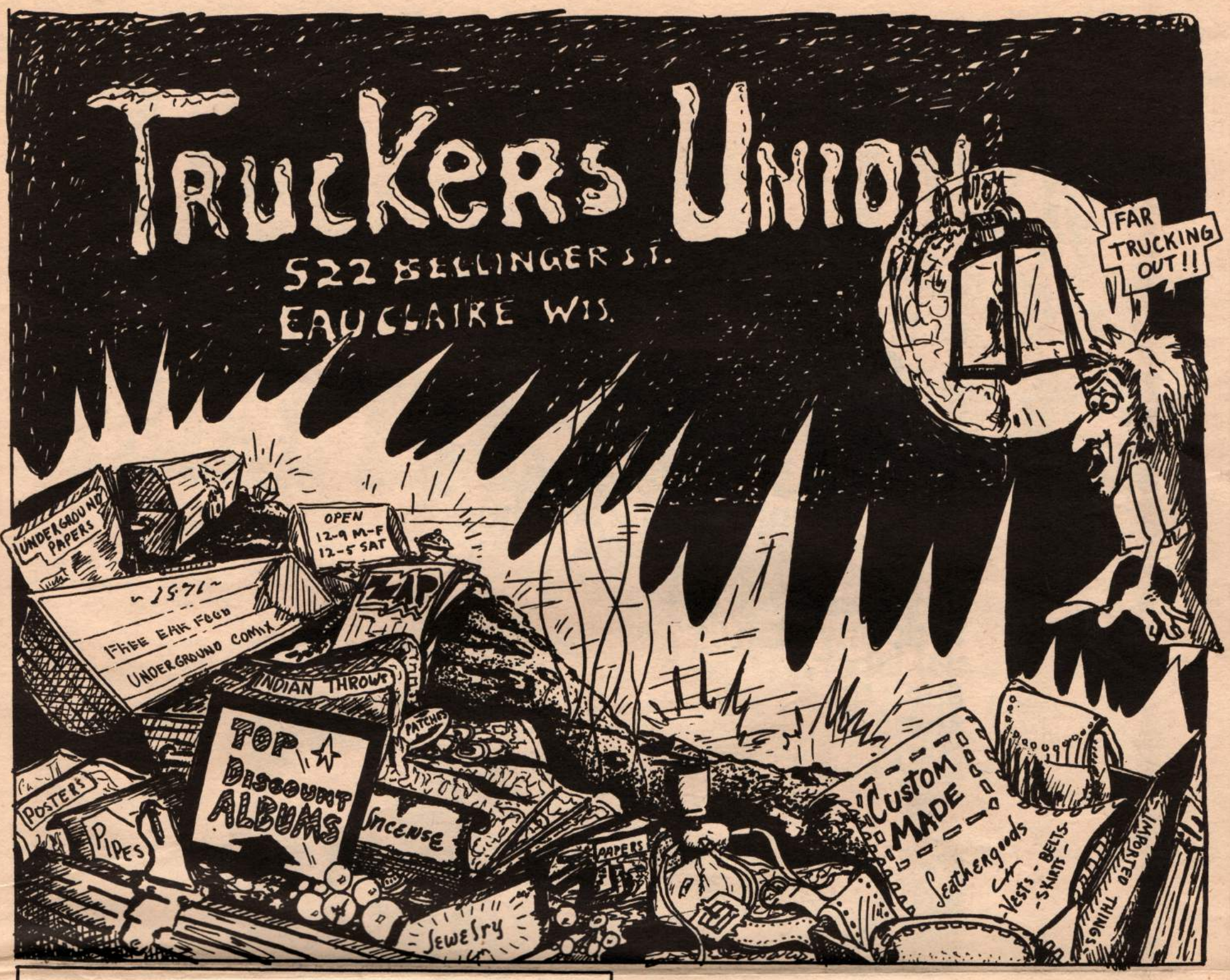
Never allow yourself to become entrapped by readings given to you as close as they may hit home. You have the free will to change the reading or make it come true.

As a reader of the Tarot, my innate feelings about the cards can be almost summed up in two words: power and responsiblity to use my knowledge and ability to help other people

Anyone can learn the basics of the Tarot deck but not everyone can assume the responsibility to be a fulltime reader. Study, meditation, and psychic development go into making a reader, as well as, the awareness of the power and depth of the cards.

The Tarot cards should be approached by all with love and an open soul for they are the messengers of the Universe.

by MEH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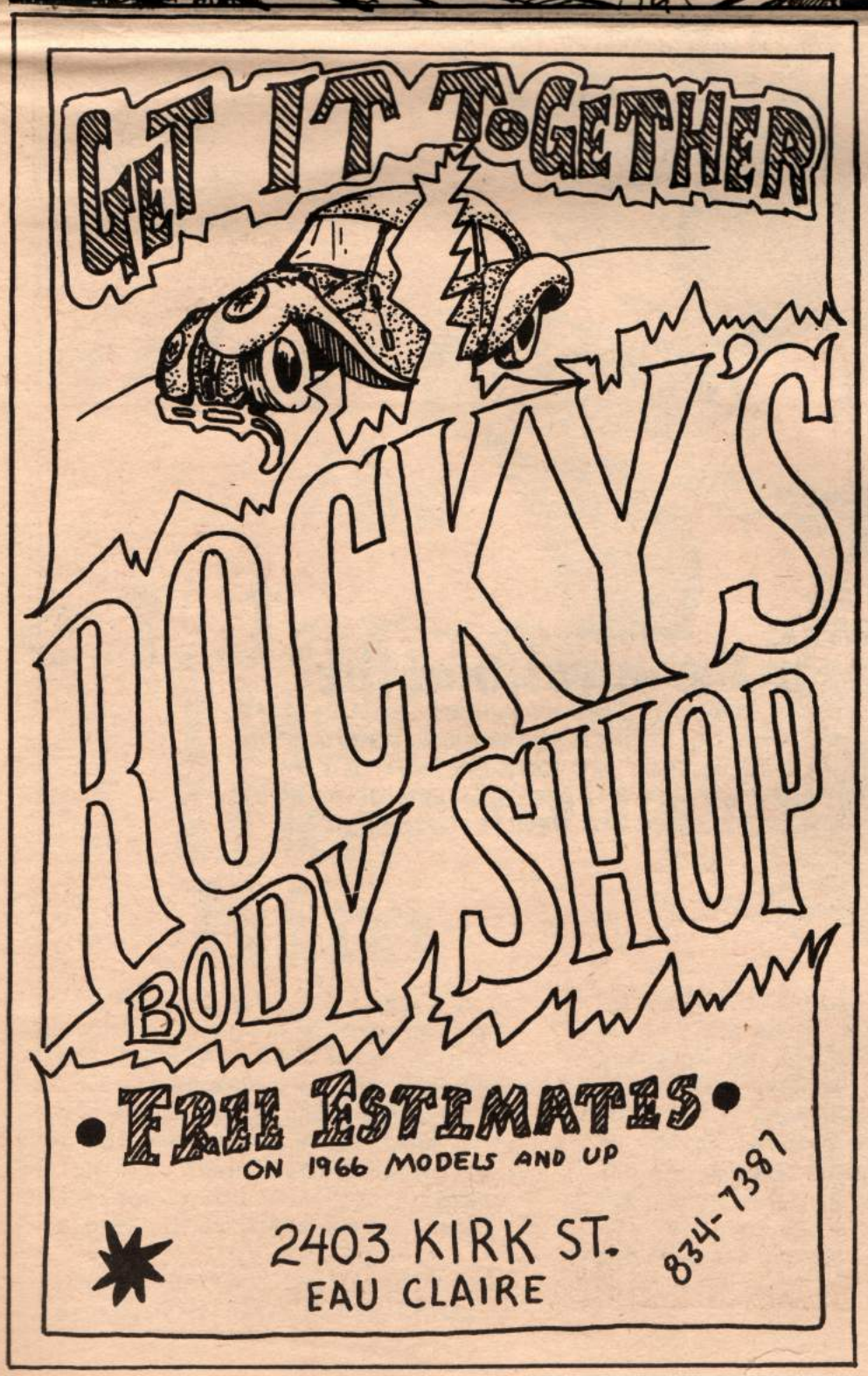
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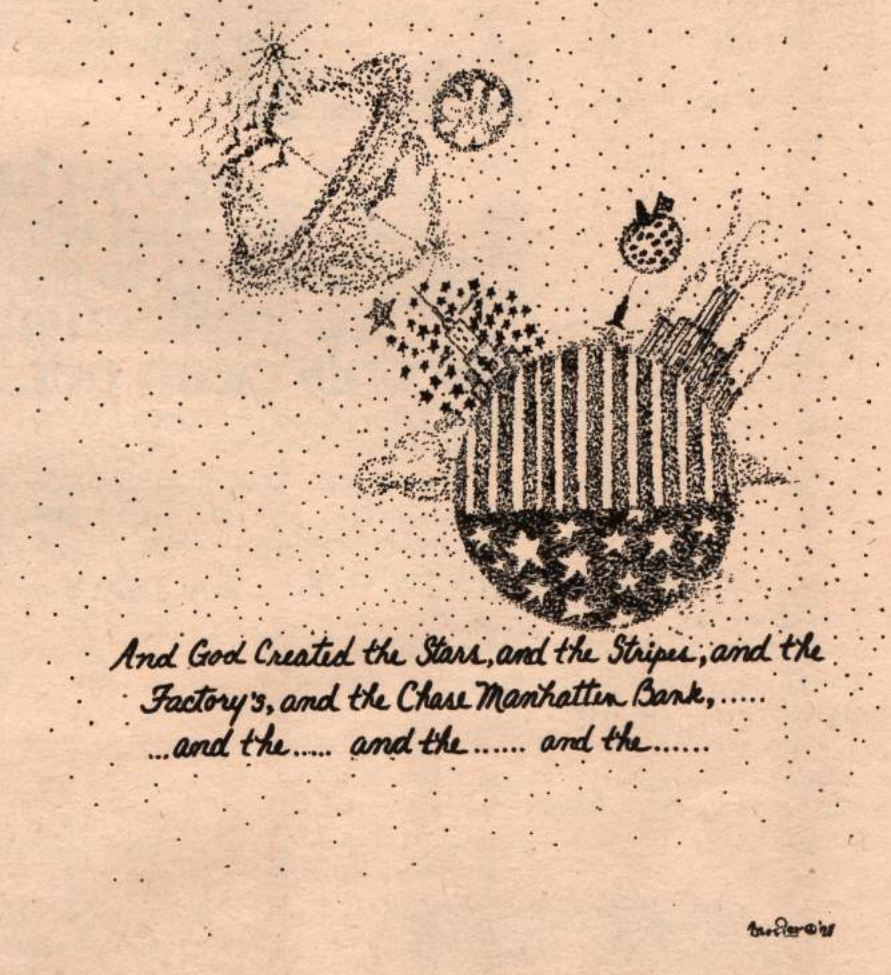
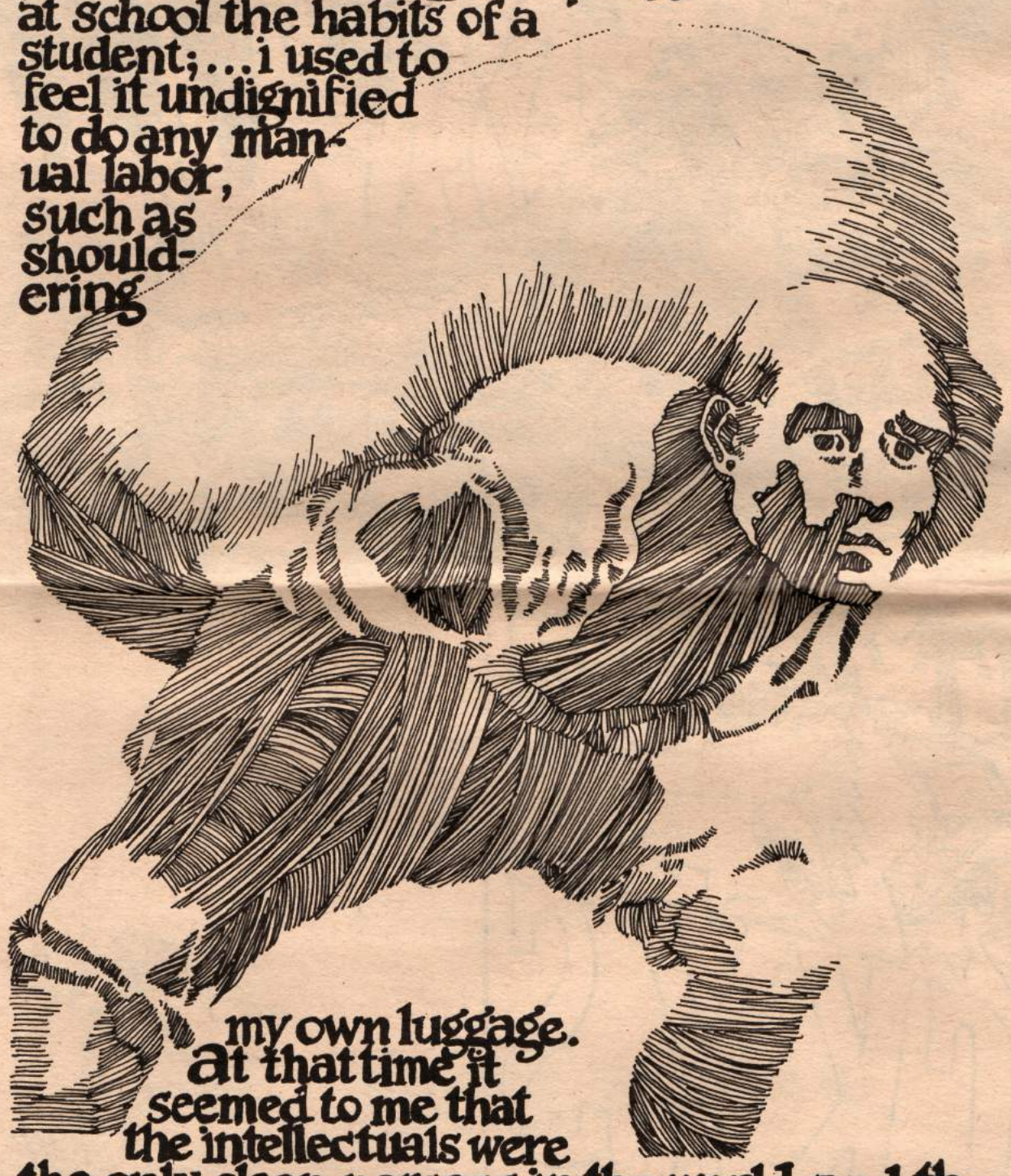

And God Created the Stars, and the Stripes, and the Factory's, and the Chase Manhattan Bank, ...
...and the..... and the..... and the.....

i began

as a student and acquired at school the habits of a student; ... i used to feel it undignified to do any manual labor, such as shouldering



my own luggage. at that time it seemed to me that the intellectuals were **the only clean persons in the world, and the** workers and peasants seemed rather dirty beside them. having become a revolutionary, i found myself in the same ranks as the workers, peasants, and soldiers of the revolutionary army... i came to feel that it was those unremolded intellectuals who were unclean as compared to the workers and peasants, while the workers and peasants are after all the cleanest persons — even though their hands are soiled and their feet are smeared with cow dung. — MAO TSE-TUNG